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### Solution Focused

No Cost To You

We Will Come To You

## MORE INFORMATION

[www.militaryonesource.com](http://www.militaryonesource.com)  
[www.guardfamily.org](http://www.guardfamily.org)  
[www.inarng.org](http://www.inarng.org)  
[www.mhngs.org](http://www.mhngs.org)

## Indiana National Guard Family Program Office

2002 South Holt Road  
Indianapolis, IN 46241  
Toll Free: 1-800-237-2850 Ext. 3192  
Major Cathy Van Bree  
State Family Program Director  
[www.inaring.org](http://www.inaring.org)

**Supporting  
Service Members  
and Families in the  
Midst of Change**

## Military Family Life Consultants

**“One Force, One Family,”**

**Joyce Hampton**  
Military Family Life Consultant  
Child and Youth Specialist  
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1-800-237-2850 ext. 4325  
[joyce.hampton@mhn.com](mailto:joyce.hampton@mhn.com)

## Consulting

## — Services — Counseling

Licensed clinical providers are available to assist service members and their families with issues they may face through the cycle of deployment - from leaving their loved ones and possibly living and working in harm's way, to reintegrating with their community and family.

- Military Family Life Stress
  - Deployment / Reintegration Stress Children / Family Development
  - Parenting Skills
  - Grief / Loss
  - Resources for Ongoing Support
  - Dealing with Anger
  - Marital / Relationship Issues
- They provide FREE support for a range of issues through counseling and training services, and offer presentations on reunion/reintegration, stress/coping, grief/loss and deployment to many different military support groups and families.

Support for these issues can empower individuals during the problem-solving process, increase individual and family competency and confidence in handling the stressors of military life and ensure that issues do not impair operational readiness.

## A Solution-Focused Approach



## Training

**Military Family Life Consultants** can provide training classes or speak on relevant issues with regards to military family life or separation issues for all different types of groups:

- Small Groups
- Family Readiness Groups
- Teachers
- Teacher's Aides
- School Nurses
- Church Groups

.....Any Other Helping Professions

